



Programs & Practices That Best Support Recovery

(Based On Feedback Given During 24 Public Forums Held Across the State)

Illness/Wellness Education
Supported Education
Education for family members
Learning to put together a Wellness Recovery Action Plan (WRAP)
Crisis Lines
Warm Lines (peer-to-peer telephone support)
Getting involved in advocacy
Receiving Peer Support
Giving Peer Support
Going to a Drop-In Center
Going to a Clubhouse (taking part in the “work order day”)
Cognitive Behavioral Therapy
Functional Family Therapy
Group Therapy
Motivational Enhancement Therapy (MET)
Dialectical Behavioral Therapy (DBT)
Individual Therapy
Art Therapy
Massage Therapy
Acupuncture
Learning Self-Help Strategies
Medication Management
Supported Employment
Respite Care
Socialization Opportunities
Grief Counseling
Counseling for Trauma/Abuse
Day Treatment
Supported Housing
Social supports
Skills Training
Seeing my psychiatrist
Seeing my psychologist
Attending Support Groups
Wraparound process
Education in behavioral intervention and crisis management skills
Parent Partners
Youth Mentors
Local community connections

For more information, see the MHTG website: <http://mhtransformation.wa.gov/>